



## BREAKING THE ICE

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Have you ever competed in a race? If so, which one?

How were you heavenly minded last week?

Where did you see glimpses of heaven around you last week?

## MAIN CONTENT

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This week Pastor Kevin kicked off our sermon series, “Summer Fest”. Over the next 8 weeks we’ll have some guest speakers that will be bringing some encouragement to the Cross Point family.

To start the series, Pastor Kevin talked about what we’ve been carrying around in our backpacks. There’s been a lot of heavy things happening in our country; between shortage of baby formula, mass shootings and continued political divisiveness we see fear, worry, pain, guilt, regret, rejection, sadness, hurt, loss, grief, shame loneliness and uncertainty trying to creep into our lives.

1. Which of these feelings have you been carrying around?

Jesus wants us to get rest for our souls (Matthew 11:28-30). He wants us to spend time with Him to unpack the things we’ve been carrying around. The emotions and feelings from life can become heavy weight that we carry with us every day. We need to find a place to give those things weighing us down to God.

Our Bible story this week comes from 1 and 2 Samuel and the story of David. David was a humble shepherd who was chosen to be a king. He had a great life living in the palace, favor with the king, even married to the king Saul’s daughter until one day; the favor disappeared because of Saul’s jealousy. David went from being on top of the world to being rejected, confused, lonely and sad.

David hid in a cave for his safety and cried out to God. He unpacked what he had been carrying.

### **Read Psalm 142**

2. What does it look like for you to cry out to God? How do you unpack your pack of emotions and the heavy things you have been carrying?

David unpacked his pack with God in a cave. A place he went to often to talk to God and to give everything to Him. He knew the cave well, he practiced going there often, reaching out to God and telling Him what was going on in His life.

We need a cave to unpack with but we also need a community to unpack with. People you can sit across from and tell your dreams, struggles, victories and fears.

3. Who is in your community that you can unpack your pack with?

After you unpack your pack in your cave and with your community you need to take some time to rest from carrying a heavy load.

### **Read Matthew 11:28-30**

In order to find rest we have to unpack with God. Every day, we need to tell Him how we are feeling. All the emotions, all the struggles everything. Find a cave: your back porch, or your favorite place on the couch and tell Him what is going on in your life.

4. Where is one place you feel closest to God? Would you call this place your cave? A place where you can be open and honest with God and talk to Him?

5. How easy is it for you to be honest with God about your feelings and emotions? Do you tell him everything?

6. How easy is it for you to share with others about how you are feeling?

When we spend time in our caves unpacking our pack, talking to God and share with trusted friends about the things going on in our lives; God can fill us and restore us. He trades our guilt, shame, loneliness, rejection, hurt and loss for His peace, comfort, wisdom and plan.

## **CLOSING PRAYER**

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God, thank you for creating space for us to talk to you. You are always there for us. You are always there to hear our prayers. Help us draw near to you, to create a place where we can feel free to tell you what is going on in our lives. Surround us with a community that we can be honest with and that can help us through trials and good times. Help us set rhythms of “cave time” with you and others. Amen.

## ACTION STEP

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- + If you don't have a cave where you can cry out to God, find a place to do that this week. Sit with Him and tell Him what you are feeling and carrying. Unpack your pack with Him.
- + Partner up with someone in the group and commit to pray for each other this week. Share what is going on in your life and how you want to see God move in your situation.
- + Rest in Him. Play worship music, take a long walk, meditate on Him, do something that takes your mind off everything going on. Ask God to bring you peace while you focus on the good around you.